



INTUITIVE INDICATORS

THE SACRAL

Intuitive Indicators

Some of the many stressed expressions that manifest as intuitive sensations and impressions at the sacral chakra:

- **Insecurity**
- **Self Doubt**
- **Emotional chaos**
- **Lack of emotion**
- **Energy Leaks**
- **Getting Triggered**

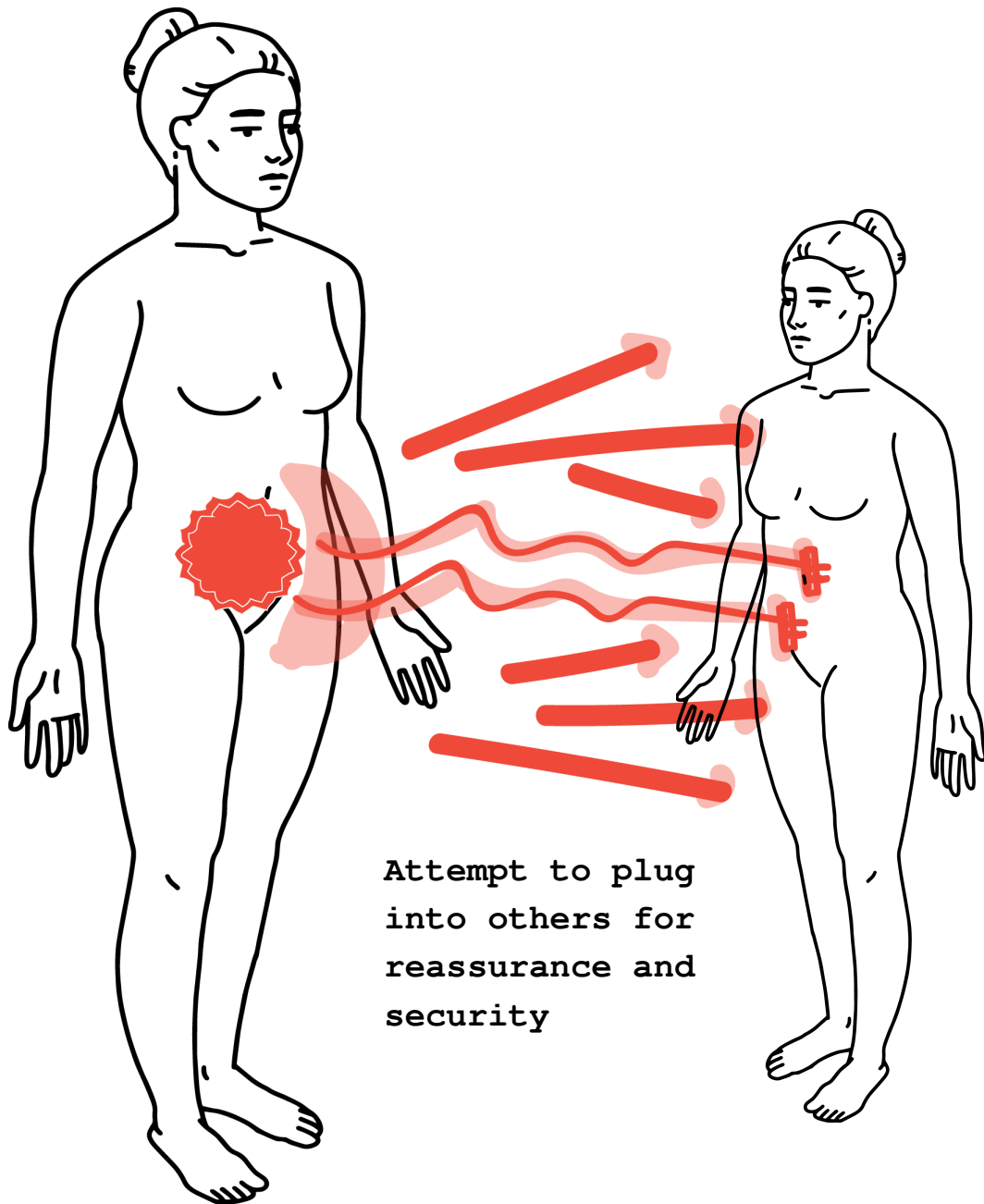
Additional Sensations + Impressions

Sacral chakra specific sensations and impressions (II) that communicate activation of this energy center. This may be an attempt to engage in dialogue with you. These are not necessarily associated with stressed states.

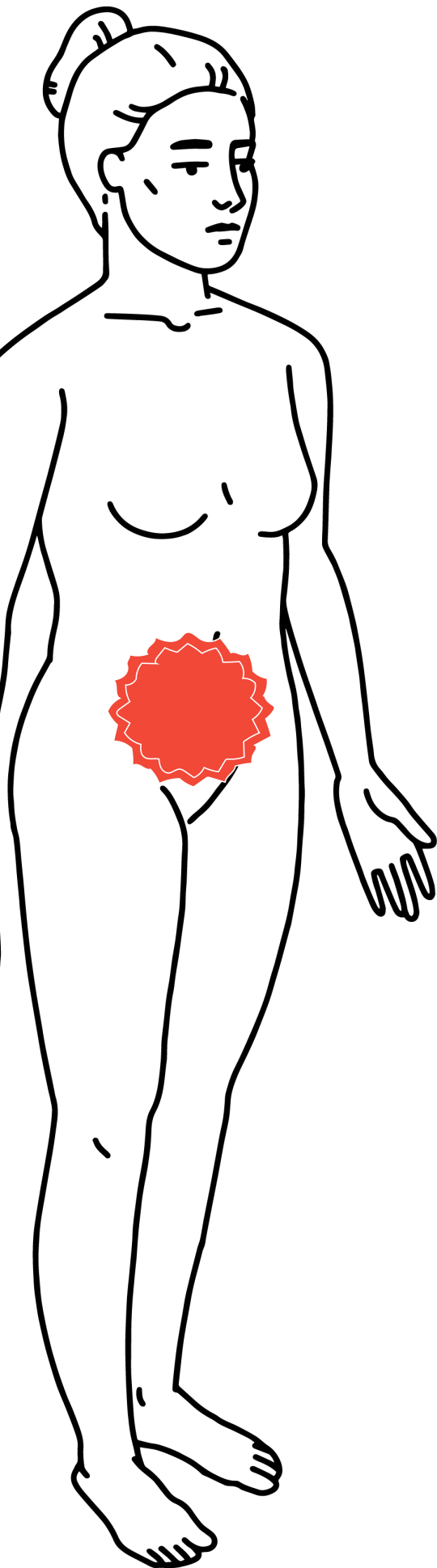
- **Poor Boundaries**
- **Distrust**
- **Sacral void** (stored trauma and deep disconnect)
- **Lack of flow in particular dynamic**

SACRAL: FRONT

INDICATOR: INSECURITY



Attempt to plug
into others for
reassurance and
security



SACRAL: FRONT

INTUITIVE INDICATOR:
INSECURITY

ASSOCIATIONS

Plane: Frontal

Directional Aspect: Front

Front Association: Projection

Projection: Diving forward, graspy

ENERGETIC QUALITIES

- Graspy at other people's energy
- Attempt to plug into others for reassurance and security
- Chaotic and forward projecting
- Rubber band feeling reflex, energy retracts after grasping
- Over reaching at front leaves sense of emptiness at sacral

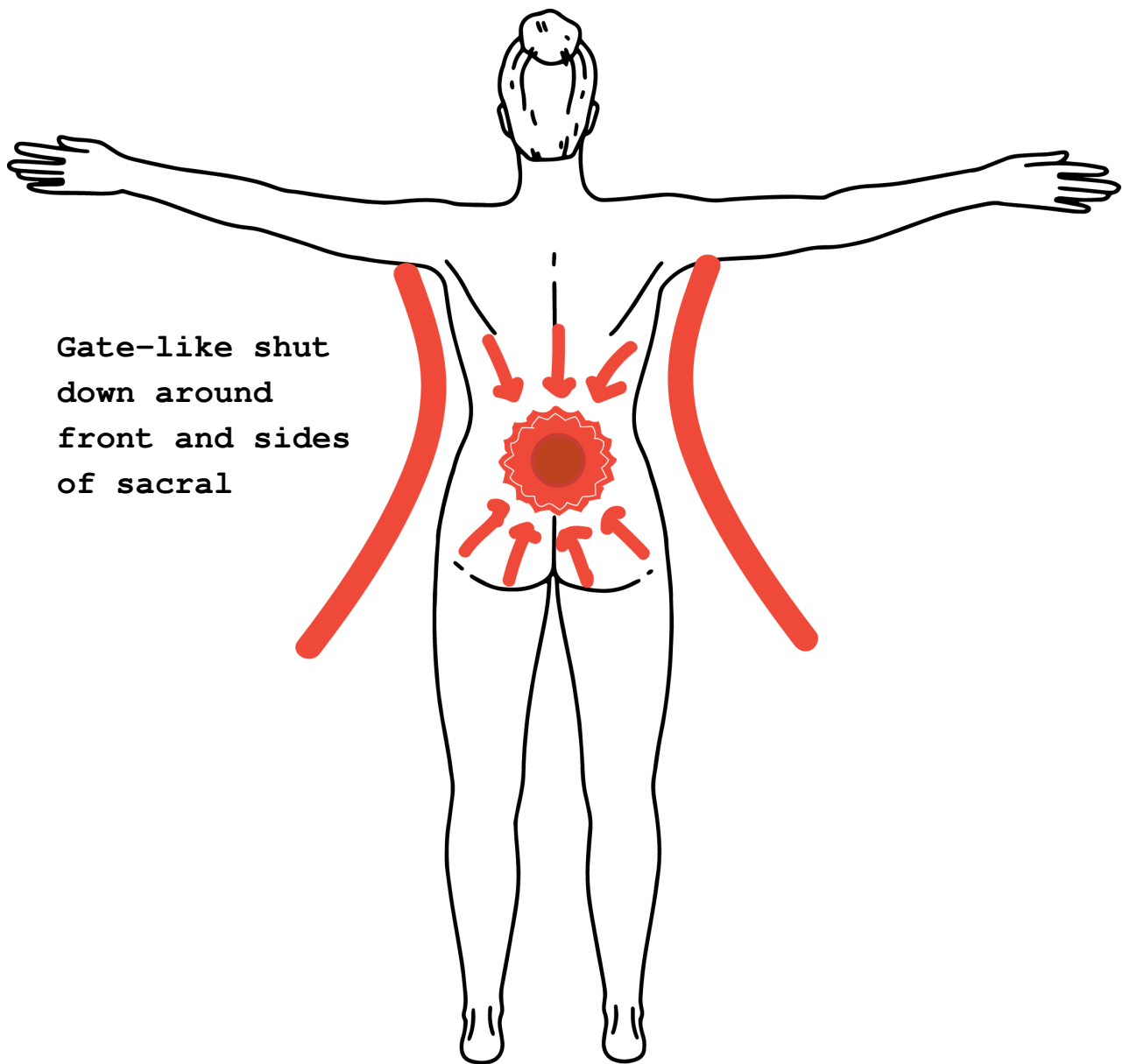
NOTES

Your Connections:

"I embrace clear boundaries for myself."

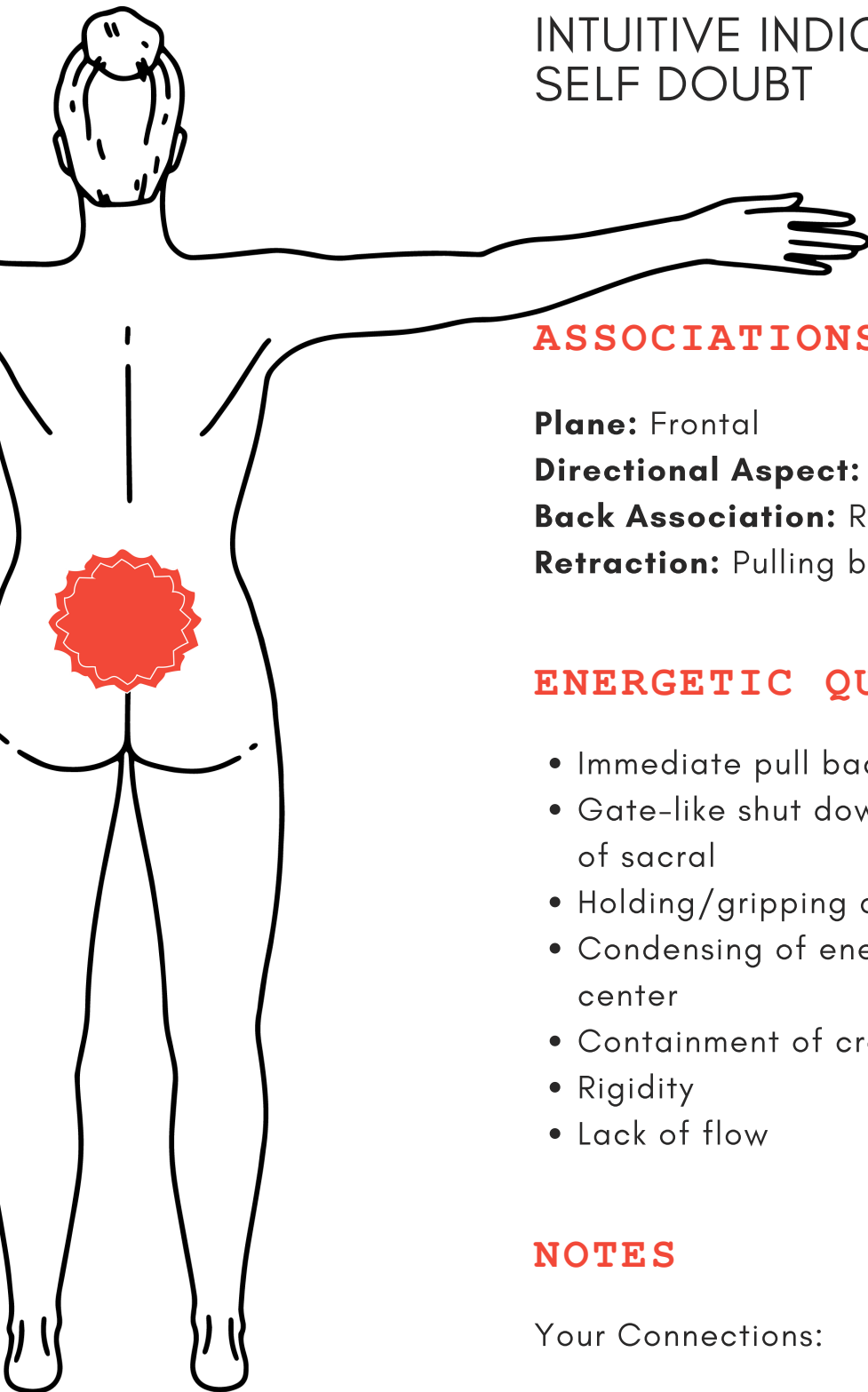
SACRAL: BACK

INDICATOR: SELF DOUBT



SACRAL: BACK

INTUITIVE INDICATOR:
SELF DOUBT



ASSOCIATIONS

Plane: Frontal

Directional Aspect: Back

Back Association: Retraction

Retraction: Pulling back, shielding, guarding

ENERGETIC QUALITIES

- Immediate pull back at sacral
- Gate-like shut down around front and sides of sacral
- Holding/gripping at back of sacral
- Condensing of energy into focused point at center
- Containment of creative energy
- Rigidity
- Lack of flow

NOTES

Your Connections:

"I embrace courage and trust in times of doubt."